

CALLAHAN COURIER FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 9, NO. 2, FEBRUARY 2021



IMPORTANT NOTICE

The February issue of the Courier was submitted to the publisher at the end of December, at which time the Center was closed to the public to reduce the spread of COVID-19 in our community. While many of our programs are pending the City/State's decision to reopen, we hope you'll participate in some virtual options that appear in this issue.



SEE WHY WE'RE THE **Benchmark.**

87% of our residents and families say their opinion of Benchmark now, is as high or higher than it ever was.

SEE HOW WE LIVE UP TO OUR NAME.

Schedule your tour or visit [BranchesFramingham.com](https://www.BranchesFramingham.com)
518 Pleasant Street | Framingham | 774-217-7718


A Benchmark Community Living Experience
Assisted Living & Memory Care

WANT TO REACH FRAMINGHAM READERS 60+?

13 Quick Facts

on Why Your Business
Should Market to Seniors:

- They Control **70% of all wealth** in the United States
- They have **2 trillion** in annual income
- They have more **disposable income** than any other age group
- They would be lost without their **computers** and the **internet (84%)**
- They purchase **41%** of all **new cars**
- They **spend 74% more** on vacations than any other age group
- They exercise - **16 million exercise** at least 3 times per week
- They **enjoy gambling** and are willing to travel to do so
- They **spend more** on groceries, health products and leisure
- They buy **51%** of all **over the counter drugs**
- They purchase **74%** of all **prescription drugs**
- They purchase **25%** of all **toys**
- They account for **60%** of all **healthcare spending**

Call today to Advertise in the:

Northborough Times

Marlborough Seniors on the go

Framingham's Callahan Courier

Worcester's The Senior Scoop

Wallingford CT's Prime Times



Senior Center Communications, LLC

Connecting Seniors with Consumer Brands through Senior Center Communications

www.seniorcentercommunications.com

Tom Keller - Regional Director

508-361-7000

tom@seniorcentercommunications.com



Independent & Assisted Living
Memory Care
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747 WATER STREET, FRAMINGHAM

508-665-5300



Short-Term Rehab
Memory Care
Compassionate Long-Term Care

45 UNION STREET, NATICK

508-433-4400

www.maryannmorse.com

DIRECTOR'S CORNER

Hello Everyone,

We are grateful for the **Community Development Block Grant** that will make it possible for us to provide 125 more data plans for low-income seniors to make use of the Chromebooks the city is loaning out. If you receive any of the following benefits: LIHEAP, Medicaid, public housing assistance, SNAP, SSI, TANF or VA pension and are interested in receiving one of these devices please contact the Social Service staff.

Happy Chinese New Year, Year of the Metal Ox, starting February 12, 2021. For people born in the years of the ox: 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021 will be a positive and productive year when they can reap the benefits of their hard work.

Speaking of hard work, due to the dedicated work of epidemiologists, researchers, volunteers and the federal government, **free COVID-19 vaccines are available!** The two vaccines available need to be administered in two doses three to four weeks apart. It could be as much as six weeks after the vaccine before you have immunity. For now, we still need to wear face coverings and keep 6' away from others and clean our hands and high touch surfaces frequently. **Don't fall for any scams that ask you to pay money or provide your social security number to get the vaccine or that say money will get the vaccine to you more quickly.**

Your questions can be answered via the state's website:

<https://www.mass.gov/info-details/covid-19-vaccine-frequently-asked-questions>.

We have come this far by being flexible and adjusting to the changes that have come and by following the guidelines from CDC and DPH. We can maintain this as long as needed for our own safety and the safety of our loved ones. Please reach out to us if you are having any difficulty, and we will do what we can to assist you.

The Center staff will be unavailable on February 15 for Presidents' Day and no programs will take place.

We are very sad to say good bye to two staff members, **Martha Guevara, the Bilingual Outreach Worker** and **Sarah Viadero, our Volunteer Coordinator**. Both were terrific additions to the Callahan Center. Martha a retiree from the school system has decided to more fully enjoy her retirement. Sarah will advance her career in volunteer management in her new role at Big Sister, Boston. We wish them both all the best and will miss them very much.

Grace

CALLAHAN CENTER STAFF

STAFF

Grace O'Donnell, MS, Director of Elder Services
Randy Aylsworth, Assistant Director
Paula Geller, Programs Manager
Tricia Welsby, Administrative Assistant
Ralph Dunlea, Computer Room Coordinator
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist
Diane Krueger, Front Desk Receptionist
Paul Gambrazzio, Van Driver
Dan Coletti, Van Driver

SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavallee, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
Sam Swisher, MBA, Outreach Volunteer Coordinator
Deb Bourque, BA, CDP, Continuing Connections Program Assistant

SHINE

Kathy Worhach, SHINE Director
Michelle Gucciardi, SHINE Assistant Director

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), Framingham, MA 01702
Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging

Hours of Operation:

Monday through Friday, 8:30 a.m.-4:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE

The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin

Members:

Brenda Diaz, Mark Goldman,
Audrey Hall, Mike McGibbon,
Betty Muto, Jennifer Rich,
Linda Schwartz, Brian Sullivan,
Glenda Thomas, Ruthann Tomassini

The COA Board Meeting
February 9 at 1:30 p.m.



Accredited by 
National Institute of
Senior Centers

The Callahan Center staff will be unavailable on Monday, February 15 in observance of Presidents' Day.

FROM THE CALLAHAN CENTER

While the Callahan Center remains closed to the public, some staff are permitted to work on site while others continue to work from home. Please know that the front desk is staffed Monday through Friday from 8:30 am to 4:30 pm and can be reached at 508-532-5980, ext. 0. All staff continues to monitor calls and email from the office or remotely.

CALLING ALL TRAVELERS

New virtual discussion group

The Callahan Center is planning to start a monthly, travel discussion group. Share memories of trips you've taken or learn about places you hope to visit and explore. If you're interested in joining the conversation, please contact Paula at pgeller@framinghamma.gov or 508-532-5980, ext. 9.

2021 FREE AARP TAX AID AVAILABLE

Appointment Required: 508-532-5980

AARP Tax Counselors will be available starting in February to assist with filing taxes. Please note that the availability of appointments may be more limited than in prior years due to COVID-19. This program is offered to Framingham seniors – age 60 and older – who meet the following guidelines:

- Single or married filing separately with annual income of \$60K or less
- Head of household with annual income of \$75K or less
- Married couple filing jointly or Qualifying Widow (widow with a dependent) with annual income of up to \$80K

AARP Tax Counselors are unable to assist with complex tax returns. There is no charge for this service, however, donations to the Friends of Callahan are welcomed.

NEW: CLOSED CAPTIONING NOW AVAILABLE FOR ZOOM PROGRAMS



In an effort to promote greater accessibility to Zoom content for those who are hearing impaired, the Callahan Center will engage a captioning service, as available and requested for specific programs.

HOW TO REQUEST CAPTIONING:

Please call the front desk to request captioning for specific Callahan Zoom programs at least 2 weeks in advance, and we will engage the service as possible. (Due to high-demand, the captioning service recommends a two-week lead time.) *Because the captioning service is compensated per program, we ask that you request captioning for only those programs you plan to attend.*

NEED A NOTARY PUBLIC?

Notary Public services are available at the Framingham City Clerk's Office (call for available times). Also many banks, insurance companies and AAA offer Notary Public services to their patrons.

COVID-19 MANDATES AND ADVISORIES

Due to the evolving nature of state/city mandates and guidelines with regard to the Coronavirus, please consult the following websites for up-to-date information:

MASS.GOV: Click on *COVID-19 Updates and Information* for everything you need to know about COVID-19 in Massachusetts.

FRAMINGHAMMA.GOV: Click on City of Framingham COVID-19 News Updates for information from the City including COVID test sites, cases, press releases, restrictions with respect to gatherings, and resources. If you do not have internet access, be sure to tune into local news on TV and radio to stay updated on the State and local mandates.

FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS

If you are in need of transportation, please read about three, free new options now available. See page 9 for details.

ARE YOU PREPARED FOR EMERGENCIES?

Prepare for weather emergencies by creating a free, Safety Profile at **Smart911.com**. Smart911 allows you to establish a Safety Profile that will be visible to 9-1-1 call takers in the event of an emergency call. Your Safety Profile provides 9-1-1 with valuable information about yourself, family members, your home, and pets that will automatically display on the 9-1-1 call taker's screen when you make an emergency call.

To receive alerts from the City of Framingham, register for **City of Framingham Alerts** via phone or email visit: <https://www.framinghamma.gov/list.aspx>

FABRIC FACE COVERINGS AVAILABLE

The Callahan Center has a supply of reusable, cloth masks available. If you are in need of a face covering, please call the front desk and one will be mailed to your home: 508-532-5980. As always, please remember to wear a face covering in public and maintain proper social distance.



DID YOU GET YOUR FLU SHOT?

Influenza (flu) can be a serious illness, especially for older adults. While the flu shares symptoms with the common cold—sore throat, cough, and a runny nose—the flu can result in far more devastating consequences. The symptoms of flu can include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. According to the CDC, "Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year."

WHAT YOU SHOULD KNOW ABOUT CONTACT TRACING

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of COVID-19. Here's what to know if you get a call:

A contact tracer may call to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer, like who you've been in contact with and your recent whereabouts, is confidential.

You may be asked to self-quarantine for 14 days. This means staying home, monitoring your health, and maintaining social distance from others at all times.

You may be asked to monitor your health and watch for symptoms of COVID-19. Notify your doctor if you develop symptoms, and seek medical care if your symptoms worsen or become severe.

Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number or financial information. If someone calls and asks for personal information, like your Medicare number, hang up and report it to 1-800-MEDICARE.

THE CALLAHAN COURIER IS ALWAYS AT YOUR FINGERTIPS

The Callahan Courier is available by mail and online each month. Here are two ways to find the newsletter online:

Do a Google search for Callahan Courier

OR

Visit the Council on Aging website at: <https://www.framinghamma.gov/360/Council-on-Aging> and choose Callahan Courier Newsletter from the menu options.



JOIN US FOR CALLAHAN AT HOME BY HOME PHONE, CELL PHONE, TABLET, OR COMPUTER

Technology not required! Please call the front desk at 508-532-5980 to register. We will email or call you to provide the Zoom code prior to the program date. Closed Captioning now available for Zoom programs. See page 4 for details

VIRTUAL TOUR

EXOTIC TURNEFFE ATOLL, BELIZE

Tuesday, February 9, 1:30 p.m.

Presented by: Joy Marzolf, The Joys of Nature
Register by 2/5

Escape to the exotic nature of this remote tropical island chain off the coast of Belize.

Beyond the second largest barrier reef in the world lies Turneffe Atoll. Away from the mainland soar magnificent frigate birds and red footed boobies. Winter migrants, including warblers and hummingbirds, can also be seen on these remote islands.

Some of the locals, such as the golden fronted woodpecker and spiny iguana, can even be seen competing for space on the same tree! Under the crystal clear waters are beautiful scenes of colorful reef fish and corals.

Embark on a virtual tour of this beautiful place with Joy Marzolf. Prior to founding her company, The Joys of Nature, Joy was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife Sanctuary.



VIRTUAL

extraordinary and he put his exceptional gifts to use in the service of freedom, driving American slavery into the grave. After the carnage of the Civil War, he played a central role in the re-founding of American Republic and spent decades afterwards defending and perfecting it. In this talk, we'll explore this many-sided man's life, family, and career, and consider his impact upon our modern struggle to advance the cause of black freedom in the United States.



Richard Bell is Professor of History at the University of Maryland and author of the new book *Stolen: Five Free Boys Kidnapped into Slavery and their Astonishing Odyssey Home* which was shortlisted for the 2020 George Washington Prize and the 2020 Harriet Tubman Prize. He has held major research fellowships at Yale, Cambridge, and the Library of Congress and is the recipient of the National Endowment of the Humanities Public Scholar award.

JOHN & ABIGAIL

A LOVE STORY

Thursday, February 11, 1:30 p.m.

Presented by: Paolo Di Gregorio
Register by 2/8

In celebration of Valentine's Day, here is the tale of a great American love story. John and Abigail

Adams were, in many ways, America's first power couple. Their relationship lasted through turmoil, revolution, long separations, and political dilemmas. Their marriage was a marriage of equals, and each found their strength and identity in the other. Presenter Paolo Di Gregorio is an historian, archaeologist, and educator with a passion for telling the stories of our past. He is a visiting instructor at Wheaton College and a part-time faculty member at Bridgewater State College.



VIRTUAL

EXPLORING MINDFULNESS

Thursday, February 18, 1 p.m.

Presented by: Lisa Campbell
Register by 2/16

You may have heard the word "mindfulness" in the news or from a friend, but what does it mean to be mindful, and why are so many people finding mindful practices helpful? In this fun and informative class we'll learn why mindful awareness practices help support good mental, emotional and physical wellbeing and the science behind it all. We'll learn how to be more consistently in the present moment with a simple mindfulness practice and much more! Lisa Campbell is Certified Meditation & Mindfulness Teacher and weekly instructor at the Callahan Center. She is a professional mindfulness trainer, meditation teacher, Kripalu-trained Holistic Health Teacher, Course Advisor for the McLean Meditation Institute, US Air Force veteran, and founder of Mindfulfilled Meditation, LLC.

VIRTUAL

THE VISIONARY GENIUS OF

FREDERICK DOUGLASS

Tuesday, February 16, 1-2:30 p.m.

Presented by: Professor Richard Bell
Register by 2/12

Frederick Douglass was a visionary—a prophet who could see a better future that lay just beyond reach. His talents were nothing short of

VIRTUAL

OOH LA LA!

FRENCH CABARET MUSIC

Monday, February 22, 1:30 p.m.

Presented by: Dr. Brett Abigaña
Register by 2/18

Have a secret love of Stephane Grappelli, Django Reinhardt, Edith Piaf, and Jacques Brel? Or maybe you have no idea who they are? Either way, join Dr. Brett Abigaña for an exploration of French Cabaret Music! We will enjoy listening to

VIRTUAL

and learning about this relatively unknown and unique genre of music that flourished in the 20th century and continues today with new traditions and new voices. You'll find that it's almost impossible to listen to this wonderful music and not think of springtime in Paris, cafés, chocolat, and bordeaux, and you'll leave with a smile on your face and a whole new joie de vivre!

Brett Abigaña is a composer whose music has been performed throughout the world. He has written a wide variety of music including chamber music for strings and winds, song cycles, and numerous pieces for orchestra and symphonic band. He has gained a reputation for writing expressive, triadic music, and is much in demand as a guest lecturer, clinician, and conductor. Of special note, Mr. Abigaña is the son-in-law of Callahan's own Mary Megill.

INFO SESSION

WANT TO BETTER UNDERSTAND

SOMEONE'S CLUTTER?

Wednesday, February 24, 2 p.m.

Presented by: Cheryl Lavalley and Kelly Hagerty

Do you know of family, friends or neighbors who have challenges with their possessions? Take the first step in showing your concern and support by attending this special informational session. During the program, we hope to increase your understanding of someone's attachment to their belongings, the accumulation of them, and a need to acquire more. This session will be led by Callahan Social Worker Cheryl Lavalley, LISCW, and Kelly Hagerty, Crisis Intervention Responder with the Framingham Fire Dept. Join us on Zoom by internet or telephone. [To sign up, please call Cheryl Lavalley at 508-532-5980, ext. 4134.](#)

VIRTUAL

EAT SMART, GET ACTIVE,

LIVE WELL

Thursday, February 25, 1 p.m.

Presented by: Traci Robidoux, RD, LDN
Register by 2/22

Our lives are filled with everyday choices about food, nutrition, physical activity and health. What and how much we eat and how much we move profoundly impacts our overall health and well-being. In fact, healthy eating and active living are arguably among your best personal investments. Healthful eating and active living help people at every age and stage of life feel their best and may even slow aging – a benefit most people yearn for. Explore easy ways to support your well-being with Traci Robidoux, Dietitian/Nutritionist at BayPath Elder Services.

VIRTUAL

FITNESS & WELLNESS

**STRENGTH TRAINING/CARDIO
WITH DELANEY****Mondays & Wednesdays, 9-9:45
a.m., \$3 per class****VIRTUAL**

We will use large muscle groups in rhythmic motions to help you strengthen your core and burn calories. The class will encompass a warm up followed by workouts focusing on the upper body, lower body, and core (on a chair or floor/mat). Participants may use hand weights, resistance bands, and a floor mat if you have them. To sign up for this program offered via Zoom, please email Paula at pgeller@framinghamma.gov.

AEROBICS WITH ANTHONY**Tuesdays, 10-10:45 a.m.****VIRTUAL**

This weekly, low-impact aerobics class combines the benefits of strength training, cardio and stretching. Movements can be done from a standing or seated position. Participants may use 2-3 lb. hand weights (or soup cans), if you have them. To sign up for Aerobics, please email Paula at pgeller@framinghamma.gov.

ZUMBA WITH SUSAN CRAVER**Thursdays, 9:30-10:15, \$3 per class****February classes pending****VIRTUAL**

Zumba mixes Latin rhythms and easy-to-follow moves, so you have fun while exercising. Join Susan for this live, 45-minute Zoom class by laptop, tablet, or smart phone with camera, so that you can see Susan. Instructor Susan Craver has been teaching dance for over 25 years. For more information, please email Paula at pgeller@framinghamma.gov.

CHAIR YOGA**Fridays, 11 a.m., \$3 per class****VIRTUAL**

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. Poses are done from a seated position. This Zoom class requires a laptop/tablet or hand-held device with camera, so you can see the instructor and she can see you. For more information, please email Paula at pgeller@framinghamma.gov. Note: At the instructor's request and for safety reasons, the class size is limited.

MINDFUL LIVING & MEDITATION**Wednesdays, 10:30-11:30 a.m.****\$3 per class****VIRTUAL**

Participate in this popular class via internet **or by phone**. Each week is a combination of mindful awareness practices, breathing techniques, meditations and more that help cultivate a heart-centered community, nurture a positive mindset, actively work with tension and anxiety, and so much more. Lisa Campbell is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. To sign up, please email Paula at pgeller@framinghamma.gov or call 508-532-5980, ext. 4110.

CONVERSATION GROUPS

LET'S TALK: JOIN A CONVERSATION GROUP*Participate by telephone or internet!***SPORTS FANATICS****Mondays, 10 a.m. Led by Mark Goldman****VIRTUAL**

Sports are back, even if the arenas aren't filled with fans. There's plenty to talk about like trades, how leagues and unions continue to adjust to new needs, and what the future holds here and abroad. To join the lively conversation and add your name to the Zoom invitation list, please contact Mark Goldman at goldmanmj59@yahoo.com.

CONVERSATION AND HUMOR**Fridays 12:30-1:30 p.m.****Led by Mary Megill****VIRTUAL**

The Conversation and Humor Group is a wonderful opportunity to connect with others and engage in friendly conversation. Join us for a laugh or two or share a joke or simply listen. A dose of humor promotes good mental health and has a beneficial effect on common health challenges. Who couldn't use a bit of laughter right now! To add your name to the Zoom list, please contact Paula at pgeller@framinghamma.gov or 508-532-5980, ext. 4110.

PATHWAYS VIRTUAL COFFEE HOUR**Via Zoom, Tuesdays, 11 a.m.***Group does not meet the third Tues. of every month*

Grab your favorite mug and settle into your comfy chair, and join us for a chat. SOFFAs (Significant Others, Friends, Family & Allies) are welcome to gather and share insights and some good laughs. Not a senior? We welcome guests from other age groups and enjoy intergenerational conversations. Hosted by BayPath Elder Services. Please RSVP to BayPath LGBTQ+ Coordinator Julie Nowak on a confidential phone line: 508-573-7288, or by email at lgbtinfo@baypath.org.

THE DUNE SHACK:**A VIRTUAL ARTSPACE****Via Zoom, Thursdays, 11 a.m.**

Got a project in progress? Trade ideas and encouragement while you sketch, color in your favorite coloring book, repaint an accent table, knit, create a collage, etc. To RSVP, please contact BayPath LGBTQ+ Coordinator Julie Nowak on a confidential phone line: 508-573-7288 or by email at lgbtinfo@baypath.org.

LEARN SOMETHING NEW

ZOOM BEYOND METROWEST*A SAMPLING OF SPECIAL VIRTUAL PROGRAMS***WORCESTER ART MUSEUM****ZIP ZOOM TOURS****Wednesday, February 10 & 24, 12:30 p.m.**

Enjoy virtual docent-led art discussions focusing on select works at the Worcester Art Museum. Every other Wednesday, docents spotlight different artists and topics. Programs run approximately 30 minutes. To register for upcoming tours, see: <https://worchesterart.org/events/tours/#zip-zoom>

FROM CARLISLE, MA**ARTMATTERS WITH JANE BLAIR****ANCIENT CIVILIZATIONS****Wednesday, February 24, 1:30-3 p.m.**

Examine art from the four great ancient civilizations; Mesopotamia, Egypt, Greece and the Roman Empire. Each developed new and greater achievements, adding to the quality of life of all mankind. Sponsored by Friends of the Carlisle COA and the Friends of the Gleason Public Library. To register, call 978-369-4898 or visit www.gleasonlibrary.org.

FROM HENNIKER, NH**DOWNSTAIRS: BRITISH SERVANT
CULTURE IN FACT, FICTION, AND FILM****Sunday, February 27, 2 p.m.**

While servant narratives have been popular for centuries, there seems to be a resurging interest in these stories in recent decades. Many contemporary British and North American writers, filmmakers, and TV execs have turned to master/servant relationships as their subject matter. Join Professor Ann McClellan as she explores the history behind the rise and fall of British servants and why Americans are so fascinated by their stories on page and screen. Sponsored by the Tucker Free Library (Henniker, NH). To register for the Zoom link email tuckerfree@comcast.net or call 603-428-3471.

**BRIDGEWATER STATE UNIVERSITY
SENIOR COLLEGE FOR AGES 50+****Take 1 course or 30 for the single fee of \$65**

per person! BSU's Senior College offers a wide-variety of remote courses from Genealogy, to the American Frontier, Post-Election America, to a course on useful technology tools, and even a course on sleep and dreaming! There's something for every taste and interest. Participants will have access to enroll in as many courses as they like. Each course is 4 weeks long with 1 hour sessions offered weekly on Zoom. For course descriptions and more info visit: <https://www.bridgew.edu/ccs/seniorcollege>

TUNE INTO LOCAL CABLE

Watch **Frank and Mary in Framingham**, a monthly show with co-hosts Grace O'Donnell and Arthur Bergeron, featuring topics of interest to seniors. Show airs at 9 a.m. on Tuesday, Thursday and Saturday on Access Framingham TV. The show is also available online at www.accessfram.tv - enter "Frank and Mary" in the search bar - or view at any time on: youtube.com/ElderLawFrankAndMary.

REMOTE VOLUNTEER SUPPORT NOW AVAILABLE!

Whether you need help with Zoom or assistance with your computer, handheld device or smartphone, our volunteers can answer your technology questions. We will coordinate virtual appointment times based on your availability, as well as that of the volunteer.

To Request Help: Please contact Ralph Dunlea, Computer Room Coordinator, at rwd@framinghamma.gov or 508-532-5980, ext. 4983. **Please leave a message with your name, phone number, email address, and your specific technology need.** Please keep in mind that based on the volume of requests, staff will follow up with you in as timely a manner as possible, given that some staff are working from home and available on a part-time basis.

JOIN OUR VIRTUAL CORPS OF TECH VOLUNTEERS

Help older adults stay connected to family, friends and community while socially distancing. We are seeking enthusiastic volunteers who can assist adults age 55+ with some technology support from home. Volunteers will provide assistance on the use of electronic devices (tablets, phones, etc.) and/or on using Zoom. Volunteers should have familiarity with at least one type of device (Apple, Android, or E-Reader) and/or familiarity with Zoom.

To participate, you will need your own PC, tablet or smartphone with camera and mic. Volunteers should be patient, understanding and have clear communication skills when working with participants. Volunteers will receive some training on working with older adults in a virtual environment. Schedule is flexible based on your availability. For more information please email Paula at: pgeller@framinghamma.gov.

VIRTUAL PROGRAMS VIA ZOOM ARE EASILY ACCESSIBLE BY TELEPHONE (LANDLINE), SMARTPHONE, TABLET OR COMPUTER.

Note: Fitness programs require a tech device so that you can see the instructors.



Sending our best wishes to Trisha Powell, our longtime Aerobics instructor, on her recent retirement from Framingham's Parks & Rec Department.

WE'RE LOOKING FOR VIRTUAL VOLUNTEERS MAKE A DIFFERENCE FROM YOUR HOME

BECOME A CALLAHAN ZOOM COHOST

Help needed with cohosting Callahan's Zoom programs. Flexible schedule...work from home! Candidates should be patient, flexible, reliable, and have some experience using Zoom. Cohosts will assist with the waiting room, chat and other behind-the-scenes issues. Orientation and some training will be available. For more information please email Paula at: pgeller@framinghamma.gov.

SHARE YOUR INTERESTS WITH OTHERS

Connection, discussion and friends can make this time at home more fun and enjoyable. We are seeking volunteers to lead monthly programs on Zoom to bring people together in this new virtual space. Do you have an interest area or hobby that you could share virtually? Chances are there are others who have the same interests and would enjoy the conversation and exchange of ideas. You don't need to be an expert or professional in any area...just bring your interest and enthusiasm to lead a discussion.

We'll help prepare you to lead a group on Zoom. The schedule is virtually flexible! What better time than now to try something new. What better time than now to make new friends and expand your social circle!

We'd love to hear your ideas, but here are some thoughts to consider:

Cook's Corner, share recipes and cooking tips
News and Events, talk about current events and hear new perspectives
That's Entertainment, discuss movies and tv shows, past and present
Coffee Break, time for casual conversation over a cup of coffee or tea
Crafting Hour, share projects you've been working on and feel inspired by
We welcome all suggestions!

If you are interested in learning more, please contact Paula at: pgeller@framinghamma.gov or call: 508-532-5980, ext. 4110.

NO COMPUTER... NO PROBLEM GROUPS FOR OLDER ADULTS, NO COMPUTER NEEDED!

Join by phone or internet... your choice



DOROT

DOROT provides telephone programs for seniors that function like small classes. Classes are offered on a wide variety of subjects, so you can explore new topics and make new connections. Join discussion groups of up to 12 people led by subject experts. **To learn more, call 877-819-9147. NO INTERNET NEEDED.** (<https://www.dorotusa.org/our-programs/at-home/university-without-walls>)

LIFETIME CONNECTION WITHOUT WALLS (NOMINAL FEE CHARGED)

The Family Eldercare program Lifetime Connection Without Walls is another service that offers classes that can be accessed over the phone. Classes are led by volunteers and cover a wide array of subjects. Each session lasts 13 weeks. This program charges \$10 for unlimited access to all courses, or \$5 to try one. To learn more or register, **call 888-500-6472. NO INTERNET NEEDED.** (<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>)

SENIOR CENTER WITHOUT WALLS

Senior Center Without Walls is a California-based program with classes and discussion groups that bring seniors together over the phone. Participants can start their own groups or join those that already exist. For more information or to register **call 877-797-7299. NO INTERNET NEEDED.** (<https://covia.org/services/well-connected/>)

SUPPORT GROUPS AT CALLAHAN CENTER

Callahan Support Groups are meeting virtually by telephone (landline), smartphone, tablet or computer.



LOW VISION GROUP

Wednesday, February 17, 11-12:30 p.m.

Now meeting via phone

Participate from home. For more information please call the front desk: 508-532-5980.

BEREAVEMENT SUPPORT GROUP

Tuesdays, February 9 & 23, 1-2 p.m.

Now meeting via phone or Internet

Join Bereavement Clinician Bailey Marshall, LICSW, for meetings on Zoom via phone or internet. This program is offered in partnership with Good Shepherd Community Care. Group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108 at least two days prior to the meeting.

PARKINSON'S SUPPORT GROUP

Tuesday, February 2 & 16, 1-2 p.m.

Now meeting via phone or Internet

Please call Lisa at 508-532-5980, ext. 4108 at least two days prior to the meeting to receive the Zoom link and codes.

GRANDPARENT SUPPORT GROUP

Participate from home!

Now meeting twice a month.

Thursday, February 11 & 25, 10-11 a.m.

Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

WOULD A FRIENDLY CALL HELP BRIGHTEN YOUR DAY?

We know that these are challenging times. In hopes of promoting personal connections and conversation, the Callahan Center offers a Friendly Caller Program. Our trained volunteers make regular calls to people who would enjoy engaging in friendly, informal conversation. The participant and caller decide together how often and how long they will talk. We've heard from volunteers and participants alike who appreciate the new friendships they've formed. Volunteers can also check in to make sure you have everything you need and connect you with resources. For more information, please call the Social Services Dept. at 508-532-5980, ext. 4108 (Lisa) or ext. 4134 (Cheryl).

JFS ALLY NAVIGATOR - HELPING LGBT+ OLDER ADULTS ACCESS MEDICAL CARE:

This program offers specially trained volunteer Allies who will escort you to your medical appointments, support you throughout the visit, and ensure that you have the information you need to make informed decisions about your health care. Offered free of charge. Call JFS of Metrowest at 508-875-3100 x 110 or email patientnav@jfsmw.org to learn more.

ARE YOU IN NEED OF MEDICAL EQUIPMENT?

The Callahan Center is not accepting or loaning out equipment at this time due to COVID-19. In the meantime, we encourage you to connect with **MetroWest M.A.S.O.N** for your Durable Medical Equipment needs. Equipment is loaned free of charge; donations are voluntary. **To borrow or donate equipment:** Call 508-782-4301 or email: info@mason-metrowest.org. Note: You do not have to be a Mason to borrow equipment, however, this equipment is for home use only; it may not be used in nursing homes or rehab facilities.

BEHAVIOR HEALTH RESOURCES

The COVID-19 pandemic is stressful for many. It is essential to care for yourself and manage your mental health.

Behavioral Health Partners of MetroWest is a collaboration of local provider agencies with expertise in mental health, substance use, and addiction. Call the MetroWest Referral Line at 1-844-528-6800, Monday-Friday for a free consultation with a care coordinator who can connect you to the appropriate service based on your needs. Behavioral Health Partners of MetroWest is a collaboration of four partner agencies, including: Advocates, South Middlesex Opportunity Council (SMOC), Spectrum Health Systems, Wayside Youth & Family Support Network.

Advocates Psychiatric Emergency Services:

Crisis team provides assessment and intervention via telephone and video for people of all ages who are experiencing a mental health and/or substance use emergency. Available 24 hours each day, call 800-640-5432. Virtual support groups also available.

Call 2 Talk is a program run by Mass 211 for mental health, emotional support, and suicide prevention. Assistance is available 24 hours a day. Call: 2-1-1 or (508) 532-2255 or Text: C2T to 741741

LGBTQ Parent & Caregiver Helpline from Greater Boston PFLAG: Call 866-427-3524.

Veteran's Crisis Line from the US Department of Veterans Affairs: Call 800-273-8255.

Network of Care Massachusetts:

Comprehensive statewide online resource - <https://massachusetts.networkofcare.org/mh/index.aspx>

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FROM THE SOCIAL SERVICES DEPARTMENT

COVID-19 has been a life-changer for all. Please know that our Social Workers are available to provide phone consultations and supportive counseling as we all continue to navigate the challenges, fears, sadness, and uncertainty of our time.

WITH APPRECIATION

During an especially difficult year, the Callahan Center Social Services Department extends sincere thanks to:

- **St. Andrew's Episcopal Church** for their Holiday Giving Tree Program and their meaningful donation of gift cards
- **Branches of Framingham** for their generous donation of holiday gift cards
- **Shillman House** for sharing the extra holiday cards they received from Framingham Running Club and other organizations. These cards were presented to recipients of Framingham Police Association's Christmas Day meals.

The Social Service Department also acknowledges the efforts of Kelly Haggerty, LMHC. Kelly works with the City of Framingham's Fire Department as their Crisis Intervention Responder and is actively involved with seniors in Framingham.

THREE, FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS!

Face coverings required for all ride services available.



FREE CALLAHAN SHARED-RIDE VAN:

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents of Framingham 55 and older and those with disabilities for destinations within Framingham and to and from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. to Fri. 9 a.m. to 3:30 p.m. Call Callahan Center to initially register for van service, 508-532-5980. Call MWRTA Call Center to schedule rides 508-820-4650, after your registration is confirmed.

FREE TAXI SERVICE AGE 60+: The Callahan Center has received Older Americans' Act funding administered by BayPath Elder Services and the CARES Act, providing seniors ages 60+ with FREE round-trip taxi rides beyond Framingham's borders for medical appointments and other necessities. It is essential to call at least one week in advance to request this service. Service potentially available on the weekends and evenings with advance notice. If you have appointments in Boston's medical area or transportation needs to other communities outside MWRTA's service area, please contact Sam Swisher: 508-532-5980, ext. 4113.

FREE TAXI SERVICE AGE 55+: Thanks to generous funding from MWRTA and collaboration with SMOC, Framingham residents age 55+, may

request this free taxi service to destinations beyond Framingham, but within MWRTA's service area.

For more information regarding FREE TAXI SERVICES:

Please email Sam Swisher at sps@framinghamma.gov or call 508-532-5980, ext. 4113 and leave a message.

HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2021

Callahan's Social Services Department is currently processing NEW Fuel Assistance Applications for Framingham residents who are age 60 and older and applying for the first time. Please contact Cheryl Lavalley at 508-532-5980, ext. 4134 for information and eligibility requirements.

IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!

Many people over the age of 60 are eligible for SNAP and don't use it. This could mean as much as \$100 per month available to buy groceries. The money you save on your grocery bill could be put towards other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.



THANK YOU BAYPATH ELDER

SERVICES: Thanks to Title III Older Americans Act funding administered by BayPath Elder Services, the Continuing Connections program is available during this year free of charge to its participants. The Callahan Center is grateful for this generosity.

VOLUNTEER



BECOME A VOLUNTEER SHINE COUNSELOR

Like to help people? Do you like technical information? Have some spare time? If so you may be the perfect SHINE volunteer.

SHINE volunteers offer free, confidential counseling on Medicare options to beneficiaries and their families. If you become a certified counselor, we are sure that you will find SHINE a rewarding as well as a challenging volunteer experience. Without volunteers, SHINE would not be able to help the many Medicare beneficiaries in the 22 cities and towns in the MetroWest region. Our group of more than 60 volunteers has monthly meetings where you can connect with your fellow SHINE counselors.

Volunteers must participate in a 10-day training and pass a state certification test. To meet the needs of our communities, you may be asked to serve in an area other than where you live. If you would like more information or an application, please contact us at metrowestshine@needhamma.gov or 781-453-8076.

THE CITY'S NEW INFORMATION PHONE LINE, DEDICATED TO
FRAMINGHAM COVID-19 PANDEMIC INFORMATION IS LIVE.
STAFF WILL ANSWER CALLS MONDAY-FRIDAY, 8:30 A.M. - 3:30 P.M.
TO REACH THE CITY'S PHONE LINE, DIAL (508) 532-5411.



FRIENDS BOARD MEMBERS

PresidentMark Goldman
 Vice President.....Patrick Dunne
 Treasurer.....Geri Weinstein
 Rec. Secretary.....Linda Levitt
 Sunshine Lady..... Mary Megill
Members: Roger Appell, Karin Beth,
 Cece Binette, Jim DeSimone, Joan LeBlanc,
 Chris Lorant, Kathy Mello, Bea Mooar,
 JoAnn Morse, Jo-Ann Tupper

Brenda Erickson, Trip Coordinator, Friends of Callahan Travel

FRIENDS BOARD MEETING

February 2 at 2 p.m.

The Friends of Callahan are busy updating their records to include all member email addresses. To ensure that you receive important updates from the Friends, please be sure to send your address to: Friendsccinc@yahoo.com



THE SUNSHINE LADY'S CORNER

We're continuing to reach out by mail to those in need. The Friends would like to reach out to all our members in time of need. The Sunshine Lady - a.k.a. Mary Megill - can help brighten their day and/or offer condolences. Do you know of any members who are ill, hospitalized, recovering from surgery, or in rehab? Has any Friends member or a family member passed on? Please call the front desk at 508-532-5980 and leave a message. Your request will be forwarded to the Sunshine Lady who continues to mail cards on behalf of the Friends of Callahan.



Friends Membership Callahan Center

535 Union Avenue
 Framingham, Massachusetts 01702



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 ___ Renew Individual \$15* ___ Renew Couple \$20*

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Address _____

City/Town/Zip _____

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Date of Birth _____

Email _____

Your e-mail address will only be used by the Callahan Center.

The Friends membership entitles you to:

Receive the Callahan Courier newsletter at your home each month (an e-mail version is coming soon); attend events and programs (virtually until the center re-opens); book trips with our travel department (in the future); and attend meetings where you can vote on general Friends of Callahan business.

The Friends of Callahan Senior Center, Inc. is a non-profit 501(c)3 organization.

* Please make your check payable to "Friends of Callahan" and mail to: Friends Membership Callahan Center
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FOOD RESOURCES AVAILABLE DURING THE COVID-19 OUTBREAK

ASSISTANCE WITH FOOD:

The CITY OF FRAMINGHAM has set up a phone number for those experiencing an **extreme food emergency** and will make every effort to meet the needs of these emergencies. Someone having an extreme food emergency is defined as a person who:

- Has NO ability to access other food resources in Framingham from the organizations listed below.
- Has no formal or informal networks of support for help getting food.

If you meet these guidelines, please call: 508-532-5479

THE FOLLOWING IS A LIST OF ORGANIZATIONS FROM WHICH RESIDENTS CAN ACCESS EMERGENCY FOOD:

A Place to Turn: A Place to Turn provides emergency food and clothing and is open to MetroWest residents through referrals. For more information, contact: 508-655-8868.

Days of operation: Tuesday and Thursday, 9:30 AM - 12:30 PM.

Pick-up Location: 99 Hartford Street, Natick.

BayPath Elder Services: The Meals on Wheels Program is accepting new referrals. This program is open to people who are: Over the age of 60, homebound and unable to adequately prepare meals. Call 508-573-7200 and leave a message if you would like to be enrolled in Meals on Wheels.

Callahan Center: Frozen food is available for Framingham residents ages 55 and over, who are experiencing difficulty accessing food. Please call in advance to arrange contactless pickup. Delivery may be possible.

Hours of operation: While some Callahan employees are working at the Center Monday-Friday, 8:30 PM - 4:30 PM, the Center remains closed to the public. Contact Information: 508-532-5980.

Pick-up Location: 535 Union Avenue, Framingham.

Daniel's Table: Daniel's Table distributes food to people over 60 years of age and families with children.

Hours of operation: Wednesday: 4 PM - 6:30 PM or Friday: 1 PM - 3 PM.

Prior registration is needed, please call the main phone number:

508-405-0769. For English and Spanish: 508-239-6690.

For English and Portuguese: 508-239-6691.

Pick-up Location: 10 Pearl Street, Framingham

Project Bread: A statewide, toll-free hotline providing information and referral service for people facing hunger. **Call: 1-800-645-8333, (TTY 1-800-377-1292).**

The Salvation Army: Open to all residents.

Hours of operation: Monday through Thursday.

Food is delivered. Call to set-up delivery:

508-875-3341. Location: 350 Union Avenue, Framingham, MA 01702

United Way of Tri-County - Pearl Street Cupboard & Cafe at Park:

Open to anyone. Pantry open: Monday, Wednesday and Friday, 9 AM - 1 PM & Wednesdays 5 - 7 PM

Take-out Hot Meals available:

Monday through Friday, 5:30 - 7 PM and Saturday-Sunday, Noon - 1 PM

Contact Information: 508-370-4921 and 774-200-3556.

Pick-up Location: 46 Park St., Framingham



Medicare Questions?



Certified SHINE counselors are still here to help!

FREE confidential phone counseling is available on all aspects of health insurance to anyone on Medicare.



Call the Callahan Center at **(508) 532-5980** to make a phone appointment with a certified SHINE counselor.

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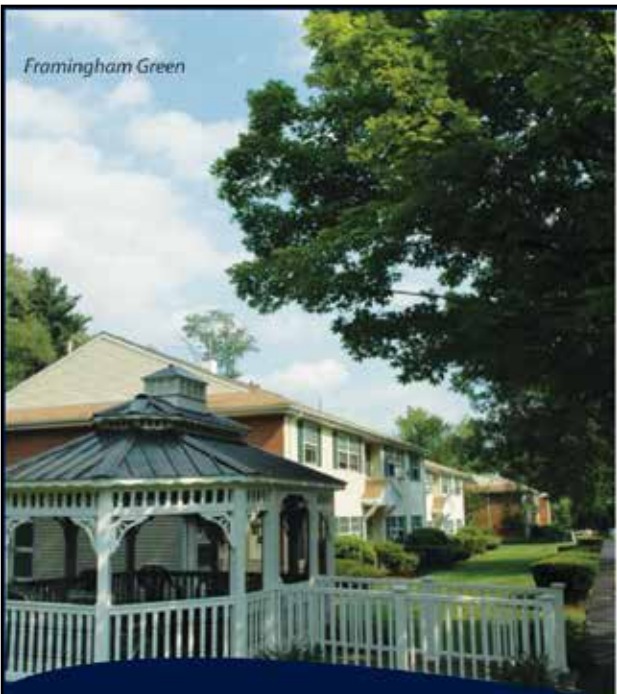


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Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



FEDERAL AGENCIES WARN OF EMERGING FRAUD SCHEMES RELATED TO COVID-19 VACCINES

Excerpted from a news release from the FBI National Press Office – Issued 12/21/20

The Federal Bureau of Investigation (FBI), Department of Health and Human Services Office of Inspector General (HHS-OIG), and Centers for Medicare & Medicaid Services (CMS) are warning the public about several emerging fraud schemes related to COVID-19 vaccines.

Potential Indicators of Fraudulent Activity:

- Advertisements or offers for early access to a vaccine upon payment of a deposit or fee.
- Requests asking you to pay out of pocket to obtain the vaccine or to put your name on a COVID-19 vaccine waiting list.
- Offers to undergo additional medical testing or procedures when obtaining a vaccine.
- Marketers offering to sell and/or ship doses of a vaccine, domestically or internationally, in exchange for payment of a deposit or fee.
- Unsolicited emails, telephone calls, or personal contact from someone claiming to be from a medical office, insurance company, or COVID-19 vaccine center requesting personal and/or medical information to determine recipients' eligibility to participate in clinical vaccine trials or obtain the vaccine.
- Claims of FDA approval for a vaccine that cannot be verified.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Individuals contacting you in person, by phone, or by email to tell you the government or government officials require you to receive a COVID-19 vaccine.

Tips to Avoid COVID-19 Vaccine-Related Fraud

- Consult your state's health department website for up-to-date information about authorized vaccine distribution channels and only obtaining a vaccine through such channels.
- Check the FDA's website (fda.gov) for current information about vaccine emergency use authorizations.
- Consult your primary care physician before undergoing any vaccination.
- Don't share your personal or health information with anyone other than known and trusted medical professionals.
- Check your medical bills and insurance explanation of benefits (EOBs) for any suspicious claims and promptly reporting any errors to your health insurance provider.
- Follow guidance and recommendations from the U.S. Centers for Disease Control and Prevention (CDC) and other trusted medical professionals.



If you believe you have been the victim of a COVID-19 fraud, immediately report it to the FBI (ic3.gov, tips.fbi.gov, or 1-800-CALL-FBI) or HHS OIG (tips.hhs.gov or 1-800-HHS-TIPS).

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▶ WILL YOU BE MY VALENTINE? SUNDAY, FEBRUARY 14

THINGS TO DO ON VALENTINE'S DAY:

VIRTUALLY TRAVEL TO PARIS THE CITY OF LOVE

Discover Paris on a virtual tour, courtesy of the Paris Convention and Visitors Center. From Montmartre to the Louvre, from the Catacombs to the Palais Garnier, the city's finest attractions are revealed through digital technology. Visit: <https://en.parisinfo.com/what-to-do-in-paris/info/guides/virtual-visit-paris>

TOUR A LOCAL CHOCOLATE FACTORY

Located in Salem, Mass., Harbor Sweets offers an up-close look at its hands-on chocolate manufacturing facility. The company still employs its original chocolate making techniques using copper kettles and wooden paddles, combined with the finest local ingredients of fresh butter, cream and wildflower honey. Visit: <https://www.harborsweets.com/virtual-tour>

WATCH A ROMANTIC MOVIE

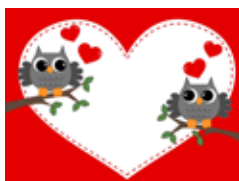
We all have our movie favorites but according to Rotten Tomatoes the top 5 romance movies of all time are (from # 5 to #1): Singin' in the Rain (1952), The Shape of Water (2017), A Night at the Opera (1935), It Happened One Night (1934), and Casablanca (1942).

ENJOY THESE VALENTINE'S DAY FUN FACTS

Excerpts from an online article by Kathleen Davis, Laura Hanrahan and Kelsey Hurwitz: <https://www.womansday.com/relationships/a4702/10-fun-valentines-day-facts-103385/>

Passing out Valentines is a 600-year-old tradition. According to History.com, the oldest record of a Valentine was a poem Charles Duke of

Orleans wrote to his wife when he was imprisoned in the Tower of London in 1415. For lack of a better phrase. The rest is history.



Esther Howland is the first manufacturer of Valentines. She became known as the "Mother of the American Valentine" for the artistry and sentiment of her designs, as Time Magazine reports. Her inspiration came from the thoughtful and sweet greeting cards that were circulating in England, and she decided to sell similar designs in the U.S. During the 1850s she earned \$100,000 annually, which is about \$3 million today, according to Time.

Cards and more cards...We're talking 144 million greeting cards being exchanged industry-wide every year for Valentine's Day in the U.S. alone, according to Hallmark.

Wearing your heart on your sleeve is more than just a phrase. In the Middle Ages, young men and women drew names to see who their Valentine would be, the LA Times reports. According to Smithsonian, they would wear the name pinned to their sleeve for one week so that everyone would know their supposed true feelings.

Cupid's bow and arrow weren't just for show. In Roman mythology, Cupid is the son of Venus, the goddess of love and beauty. According to CNN, he's often depicted with a bow and arrows to pierce hearts and cast a spell of love.

Americans spend a lot on love. According to a survey by the National Retail Federation, Americans spent \$20.7 billion for Valentine's Day in 2019 and were expected to spend \$27.4 billion in 2020.

▶ CELEBRATE AMERICAN PRESIDENTS MONDAY, FEBRUARY 15

History of Presidents' Day

Adapted from an online article from the Encyclopedia Britannica: <https://www.britannica.com/topic/Presidents-Day>

The origin of Presidents' Day lies in the 1880s, when the birthday of George Washington was first celebrated as a federal holiday. In 1968, Congress passed the Uniform Monday Holiday Bill and during debate on the bill, it was proposed that Washington's Birthday be renamed Presidents' Day to honor the birthdays of both Washington (February 22) and Lincoln (February 12). Following much discussion, Congress rejected the name change; however, Presidents' Day became the commonly accepted name after the bill went into effect in 1971.

Virtually Visit the Nation's Presidential Libraries:

Presidential Libraries and Museums promote understanding of the presidency and the American experience. The National Archives website connects you with 14 Presidential Libraries from Herbert Hoover to Barack Obama. To learn more, visit: <https://www.archives.gov/presidential-libraries>.

Explore The White House: Google Arts and Culture provides an inside look at the White House at: <https://artsandculture.google.com/partner/the-white-house>

Enjoy online exhibits of the Eisenhower Executive Office Building, the Art and Decor of The White House: The State Floor, and the Art and Decor of The White House: The Ground Floor.



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REFLECT & LEARN DURING BLACK HISTORY MONTH

About Black History Month: *The information below appears online at [wikipedia.org](https://en.wikipedia.org).* Black History Month is an annual observance originating in the United States. It has received official recognition from governments in the United States and Canada, and more recently has been observed in Ireland, the Netherlands, and the United Kingdom. It began as a way of remembering important people and events in the history of the African diaspora.

Black History Month was first proposed by black educators and the Black United Students at Kent State University in February 1969. The first celebration of Black History Month took place at Kent State from January 2 to February 28, 1970. Six years later, Black History Month was being celebrated all across the country in educational institutions, centers of Black culture and community centers, when President Gerald Ford recognized Black History Month, during the celebration of the United States Bicentennial. He urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history".

Visit The National Museum of African American History and Culture

Attend a Virtual Event: This special museum is a place where all Americans can learn about the richness and diversity of the African American experience, what it means to their lives, and how it helped us shape this nation. Explore the collections, view curator chats, or register for virtual events at <https://nmaahc.si.edu/>.

Free February events include: Artful Observations

Saturday, February 13, 4 pm. Artful Observations will focus on one work of art from NMAAHC's visual arts or photography collection. Guided by an NMAAHC educator, participants will spend an hour examining the work in detail.

Explore Boston's Black Heritage Trail: The Black Heritage Trail® is a 1.6 mile walk through the heart of Boston's Beacon Hill neighborhood. The trail showcases residences and community buildings associated with a Black community that thrived on, and near, the north slope of Beacon Hill before, during, and after the American Civil War. Throughout that time, this community struggled and organized for equal rights and access to equal education. Community members championed the movement to abolish slavery and even housed freedom seekers on their journey along the Underground Railroad. Start the trail at: <https://www.nps.gov/boaf/virtual-black-heritage-trail-tour.htm>

Learn about Boston's Underground Railroad: <https://www.nps.gov/articles/boston-s-underground-railroad.htm>

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Watch a Video Lecture - Black Girlhood in the Nineteenth Century:

Scholars have explored how nineteenth-century scrapbooks and friendship albums circulated among free black women in the North to showcase their middle-class status and close networks. However, little is known about how black girls participated in this sentimental practice. In this lecture, Nazera Sadiq Wright discusses how histories of black girlhood are often "buried" in literary genres less likely to be studied. View this presentation available from the American Antiquarian Society at: <https://www.youtube.com/watch?v=FzRS06uTNxY>.



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CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- WHITNEY PLACE Assisted Living and Memory Care
- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 1 9 VIA ZOOM: Strength Training/Cardio with Delaney \$3 10-11:30 VIA ZOOM: Sports Fanatics Led by Mark Goldman | 2 10 VIA ZOOM: Aerobics 1-2 VIA ZOOM: Parkinson's Support Group 2 Friends Board Meeting | 3 9 VIA ZOOM: Strength Training/Cardio with Delaney \$3 10:30 VIA ZOOM: Mindful Living & Meditation \$3 | 4 9:30 VIA ZOOM: Zumba with Susan Craver \$3 <i>February classes pending</i> | 5 11 VIA ZOOM: Chair Yoga with Rebecca \$3 12:30 VIA ZOOM: Conversation & Humor with Mary Megill |
| 8 9 VIA ZOOM: Strength Training/Cardio with Delaney \$3 10-11:30 VIA ZOOM: Sports Fanatics Led by Mark Goldman | 9 10 VIA ZOOM: Aerobics 1-2 VIA ZOOM: Bereavement Support Group 1:30 COA Board Meeting 1:30 VIA ZOOM: Exotic Turneffe Atoll, Belize, Presented by Joy Marzolf, (Advance registration required) | 10 9 VIA ZOOM: Strength Training/Cardio with Delaney \$3 10:30 VIA ZOOM: Mindful Living & Meditation \$3 | 11 9:30 VIA ZOOM: Zumba with Susan Craver \$3 <i>February classes pending</i> 10 VIA ZOOM: Grandparent Support Group 1:30 VIA ZOOM: John & Abigail – A Love Story, Presented by Paolo Di Gregorio (Advance registration required) | 12 11 VIA ZOOM: Chair Yoga with Rebecca \$3 12:30 VIA ZOOM: Conversation & Humor with Mary Megill |
| 15 CLOSED IN OBSERVANCE OF PRESIDENTS' DAY  | 16 10 VIA ZOOM: Aerobics 1-2 VIA ZOOM: Parkinson's Support Group 1-2:30 VIA ZOOM: The Visionary Genius of Frederick Douglass, Presented by Professor Richard Bell (Advance registration required) | 17 9 VIA ZOOM: Strength Training/Cardio with Delaney \$3 10:30 VIA ZOOM: Mindful Living & Meditation \$3 11-12:30 VIA PHONE: Low Vision Support Group | 18 9:30 VIA ZOOM: Zumba with Susan Craver \$3 <i>February classes pending</i> 1 VIA ZOOM: Exploring Mindfulness, Presented by Lisa Campbell (Advance registration required) | 19 11 VIA ZOOM: Chair Yoga with Rebecca \$3 12:30 VIA ZOOM: Conversation & Humor with Mary Megill |
| 22 9 VIA ZOOM: Strength Training/Cardio with Delaney \$3 10-11:30 VIA ZOOM: Sports Fanatics Led by Mark Goldman 1:30 VIA ZOOM: Ooh La La! French Cabaret Music, Presented by Brett Abigaña (Advance registration required) | 23 10 VIA ZOOM: Aerobics 1-2 VIA ZOOM: Bereavement Support Group | 24 9 VIA ZOOM: Strength Training/Cardio with Delaney \$3 10:30 VIA ZOOM: Mindful Living & Meditation \$3 2 VIA ZOOM: Info Session – Want to Better Understand Someone's Clutter, Presented by Cheryl Lavalley and Kelly Hagerty (Advance registration required) | 25 9:30 Zumba with Susan Craver \$3 <i>February classes pending</i> 10 VIA ZOOM: Grandparent Support Group 1 VIA ZOOM: Eat Smart, Get Active, Live Well, Presented by Traci Robidoux (Advance registration required) | 26 11 VIA ZOOM: Chair Yoga with Rebecca \$3 12:30 VIA ZOOM: Conversation & Humor with Mary Megill |



Protect Yourself

AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | tips.hhs.gov
- FBI Hotline: **1-800-CALL-FBI** | ic3.gov
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

oig.hhs.gov/coronavirus
fbi.gov/coronavirus
justice.gov/coronavirus



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Bureau of
Investigation



Department
of Justice



Elder Law with Frank and Mary



by **Arthur P. Bergeron**

Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

PLANNING TO STAY HOME

Most seniors, like my friends Frank and Mary, hope they can live in their home until they die. But hope is not a plan. Here are some tips:

- **Make your home safe.** The older you get the greater the risk that you might fall or hurt yourself. This could lead to hospitalization or, worse, having to move out of your home or pay for care at home. Many falls and injuries are preventable if you take steps to adapt your home to age safely. Contractors and other services can come to your home to make recommendations for how to make it safer. There is a special state-funded loan program, the Home Modification Loan Program (HMLP) that may lend you up to \$50,000 (often interest-free) to make improvements that make your house safer.
- **Make sure you have the money to stay home.** Take a hard look at your income and expenses to determine how you can make them last. A couple of suggestions:
 - Depending on your income, you may be able to defer real estate taxes until you die or sell the house. Talk to your local assessors about that. While the taxes will have to be paid eventually, and will reduce the proceeds that will go to your beneficiaries after you die, you worked hard for your home, so now you can use it to stay in it.
 - Consider a reverse mortgage, which is like a line of credit on which you owe no interest unless you use it and, even then, only after you die or sell the house. Getting that reverse mortgage in place now is a handy way to make sure you have cash for home repairs, home care, or whatever will keep you at home.
- **Learn about programs that can help you.** Do this before you need them. The first place to go is the senior center. The next place is BayPath Elder Services. There are great programs available to help you exercise, eat right and stay healthy, as well as programs to help you find help with shopping, cleaning, and much more. Many of these programs are available to all seniors, regardless of their asset situation.

It's February. You're stuck inside because of COVID-19. Now is a great time to do planning that will keep you at home. I will be discussing staying at home in more depth during this month's elder law virtual seminar, which can be watched on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary and on local cable stations, along with Frank and Mary in Framingham, the local Access Framingham cable TV shows, where my co-host, Grace O'Donnell and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.



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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | 3 | | |
| 4 | | | | | | | 5 | |
| | | 5 | 3 | | | 7 | 1 | 9 |
| | 7 | 4 | | | 8 | 9 | | |
| | | | 4 | | | | 3 | |
| | | | | | | | | 5 |
| | | | | | 1 | 2 | | |
| 9 | 3 | | 2 | 8 | | 4 | | |
| 1 | | | | | | | 8 | 3 |

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DIFFICULTY: ★★☆☆☆

Answer to Previous Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 3 | 7 | 1 | 5 | 4 | 9 | 8 | 2 |
| 8 | 2 | 5 | 7 | 6 | 9 | 4 | 1 | 3 |
| 4 | 1 | 9 | 8 | 2 | 3 | 6 | 7 | 5 |
| 7 | 5 | 4 | 6 | 8 | 1 | 2 | 3 | 9 |
| 3 | 8 | 2 | 5 | 9 | 7 | 1 | 4 | 6 |
| 9 | 6 | 1 | 3 | 4 | 2 | 8 | 5 | 7 |
| 2 | 7 | 3 | 9 | 1 | 8 | 5 | 6 | 4 |
| 1 | 9 | 6 | 4 | 3 | 5 | 7 | 2 | 8 |
| 5 | 4 | 8 | 2 | 7 | 6 | 3 | 9 | 1 |

CROSSWORD PUZZLE

ACROSS

- 1 Strong ale
- 5 Rot
- 9 Circuit Court of Appeals (abbr.)
- 12 E. Indian tanning tree
- 13 Wine
- 14 Fat
- 15 Induce (2 words)
- 17 Jewish scholar
- 18 Same (Lat.)
- 19 Nee
- 21 Need
- 24 Forgive
- 27 Single lens reflex (abbr.)
- 30 Outer portion of Earth
- 32 Listen
- 33 Exclamation
- 34 Wheel shaft
- 36 Mature
- 37 United States Postal Service (abbr.)
- 39 System of rules
- 40 Sp. article
- 41 Buddhist sacred city
- 43 Binary digits
- 45 Cleave
- 47 Inuit settlement
- 50 No middle initial (abbr.)
- 52 Ingot (2 words)
- 56 Amer. Automobile Assn. (abbr.)
- 57 Eight (pref.)
- 58 Western alliance
- 59 Interdict
- 60 Wagon tongue
- 61 Begin

DOWN

- 1 Sleep
- 2 King of Israel
- 3 Eur. kite
- 4 Mallet
- 5 Brit. Virgin

ANSWER TO PREVIOUS PUZZLE

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| S | C | A | B | E | T | C | E | R | D | A |
| T | A | B | U | P | H | I | R | A | I | L |
| O | V | E | R | C | O | A | T | R | I | C |
| A | A | L | A | P | I | A | N | E | A | |
| | | | T | N | T | | D | O | L | T |
| C | I | V | E | T | | T | E | N | A | R |
| O | R | A | L | | M | A | L | | D | E |
| P | A | L | A | W | A | N | | A | L | E |
| | | H | E | E | R | | S | U | E | |
| D | E | A | | E | I | S | E | N | | P |
| A | B | L | | | T | A | R | T | A | R |
| C | O | L | A | | A | B | A | | L | O |
| E | N | A | M | | L | A | C | | E | D |

- 16 David's commander
- 20 Alkali
- 22 Circular (abbr.)
- 23 Roasted meat strip
- 25 Foe of Othello
- 26 Exceedingly: music
- 27 Synagogue
- 28 Elk hide
- 29 Growing by a riverbank
- 31 Victory site of Napoleon
- 35 Biblical juniper tree
- 38 Compass direction
- 42 Elbow
- 44 Office worker's skill
- 46 Carplike fish
- 48 Nipa palm
- 49 Loathe
- 50 Capture
- 51 Sheep's cry
- 53 As written in music
- 54 Pat
- 55 Longitude (abbr.)

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New Year*



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- Gloria C. // resident daughter

For more information: 508.358.2800
or email: jessica@carriagehousewayland.com

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